

# Do KneeBindings Really Protect Knees?

## Two Independent Studies Confirm It!

Two independent, controlled studies compared the knee injury rate for skiers on KneeBindings to the knee injury rate for skiers using all other bindings.

They included 1600 participants, 13 ski resorts, 3 ski seasons, and over 165,000 skier days.

***“KneeBindings reduced the risk of ACL injuries on skis by 82.5%”***

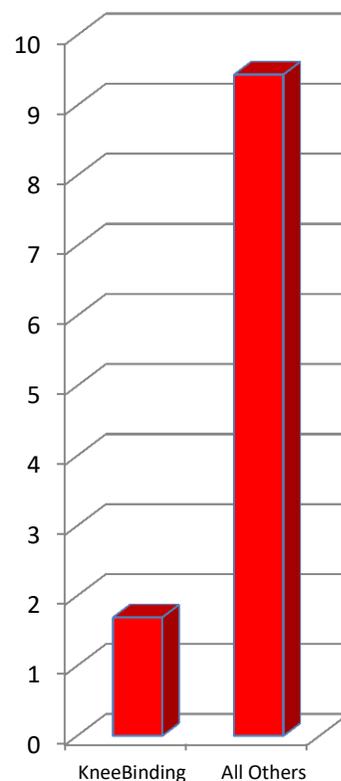


***“People skiing on all other bindings were 5.7 times more likely to injure their ACL than people who skied on KneeBindings.”***



***“KneeBindings reduced the risk of all ski-related knee injuries by 75%”***

**ACL Injury Ratio**



	Combined Study Data (Preliminary)					
	KneeBinding Participants			Control Group		
	Injuries	Participants	Skier Days	Injuries	Participants	Skier Days
Totals	10	580	59,102	57	1,016	105,923
ACL Injuries	1	1 in 580	1 in 59,102	10	1 in 102	1 in 10,592
Other Knee Injuries	9	1 in 64	1 in 6,567	47	1 in 22	1 in 2,254
Total Knee Injuries	10	1 in 58	1 in 5,910	57	1 in 18	1 in 1,858

	Experience Ratings (Good to Excellent)			
	Instructors	Patrol	Other	All
Entry/Exit	87.8%	88.5%	88.1%	89.0%
Quality /Durability	97.6%	88.5%	97.6%	94.5%
Performance /Retention	97.6%	91.0%	100.0%	96.0%
Safety	97.6%	92.3%	100.0%	96.0%
Overall	97.6%	89.7%	100.0%	96.0%
All Answers	95.1%	89.7%	96.4%	93.9%



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Studies managed and being published by Dr. Michael Decker and others at the University of Denver Biomechanics Laboratory, the Rocky Mountain Consortium for Sports Research, and Vail Orthopaedics